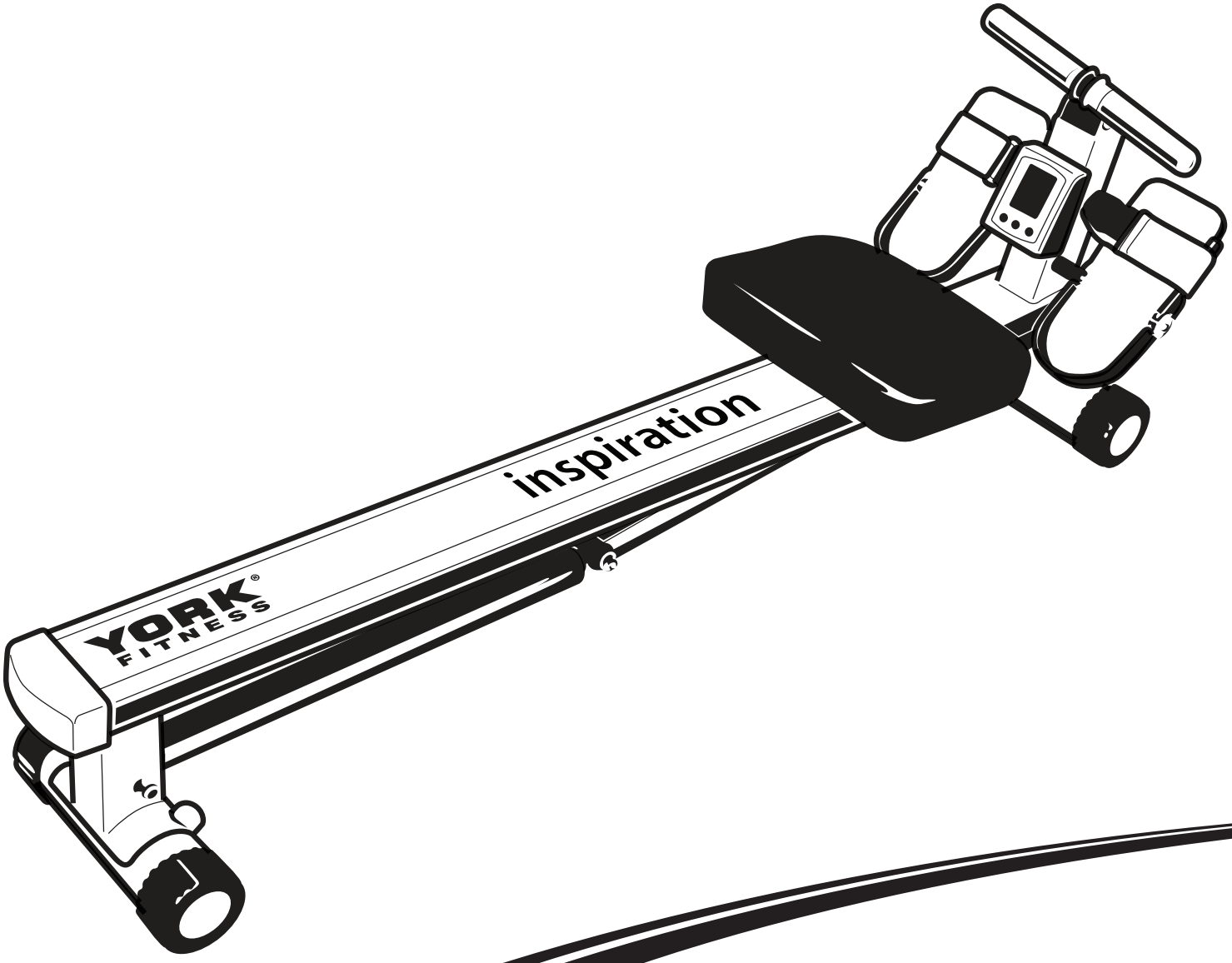
YORK®
FITNESS



Inspiration Rower
owner's manual

yorkfitness.com

19/05/2009

Safety Precautions

Before using the equipment, please ensure that you read the safety precautions described below. Always ensure that the equipment is operated correctly.

The safety precautions noted below are intended to instruct you in the safe and correct operation of the equipment to prevent injuries or damage to yourself, other persons and equipment.

THIS LIST IS NOT EXHAUSTIVE. Save these instructions.

WARNING

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Fitness Precautions:

Before you undertake any programme of exercise that will increase cardiovascular activity, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential.

If you feel any pain or abnormal symptoms, STOP YOUR WORKOUT IMMEDIATELY. Consult your physician immediately.

Equipment Safety:

- Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product. Contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slippage during use.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

Exercise Safety:

- Wear proper workout clothing: Do not wear loose clothing.
- Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Remove all personal jewelry before exercising.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Injuries to health may result from incorrect or excessive training.

MAX. User Weight: 90KG

Protect the environment by not disposing of this product with household waste. Check your local authority for recycling advice and facilities.

Safety Standards

This cycle meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 parts 1 and 7. Therefore the product carries the following marks:

CE

This product is not suitable for therapeutic purposes.

Customer Support

York Fitness U.K. Ltd. (England)

York Way, Daventry, Northants, NN11 4YB, England
Tel: (01327) 701800
Help desk Tel: (01327) 701824
Fax: (01327) 706704
Email: helpdesk@yorkfitness.co.uk

York Fitness (Australia) pty. ltd.

Unit 1, Lot 2, Swaffham Road, Minto, N.S.W. 2566, Australia
Tel: (02) 9603 8444
Help desk Tel: 1800 730 149
Fax: (02) 9603 8555
Email: service@yorkfitness.com.au

Should you require any assistance regarding this product please gather the following information, and then contact us using the details above.

- Serial no. - this can be found on the sticker located as indicated. For future reference, please write down your serial number in the space below.
- Original purchase date.
- Place of purchase.
- Information about the place and conditions of use.
- Precise description of the issue / defect.

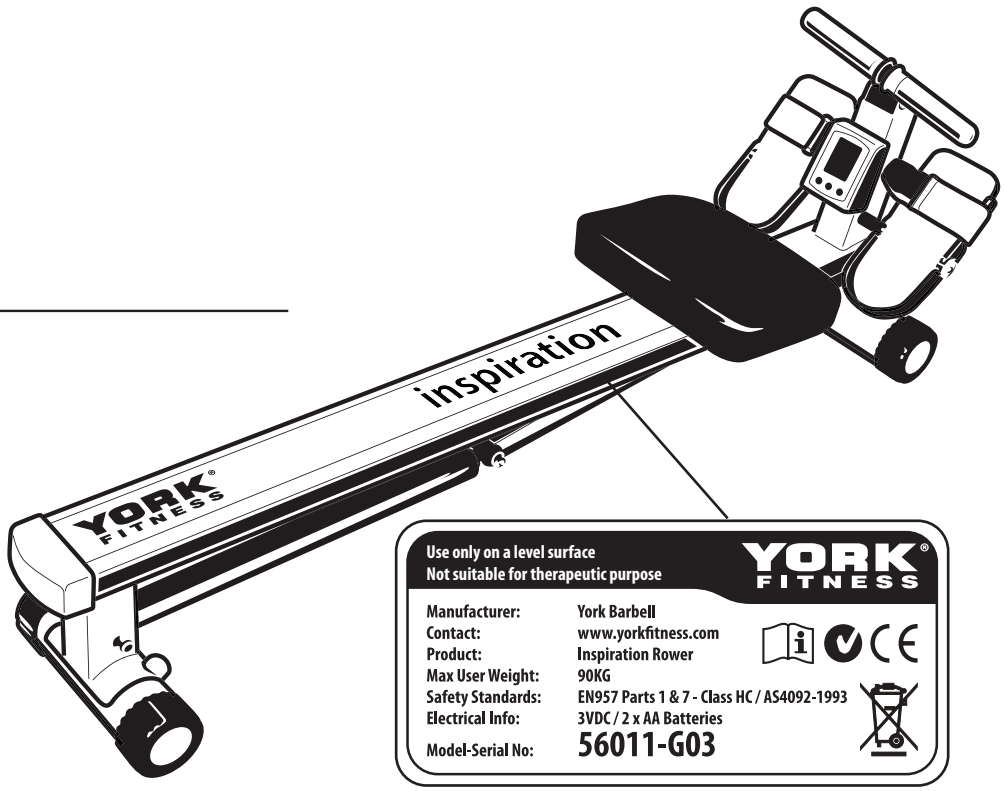
Disclaimer

While every effort has been made to ensure that the information contained in this guide is accurate and complete, no liability can be accepted for any errors or omissions. York Fitness reserves the right to change the specifications of the hardware and software described herein at any time without prior notice.

No part of this guide may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language in any form, by any means, without the prior written permission of York Fitness.

York Fitness makes no warranties for damages due to mistaken operation or malfunction of the equipment.

Serial No: _____


inspiration
YORK FITNESS
Use only on a level surface
Not suitable for therapeutic purpose
YORK FITNESS
Manufacturer: York Barbell
Contact: www.yorkfitness.com
Product: Inspiration Rower
Max User Weight: 90KG
Safety Standards: EN957 Parts 1 & 7 - Class HC / AS4092-1993
Electrical Info: 3VDC / 2 x AA Batteries
Model-Serial No: 56011-G03

Thank you for purchasing a **YORK FITNESS** equipment.

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goal.

The precautions noted within this guide are intended to instruct you in the safe and correct use of the products and to prevent injuries or damage to yourself, other persons and property. Please read and ensure that you understand them before proceeding to other sections of this guide.

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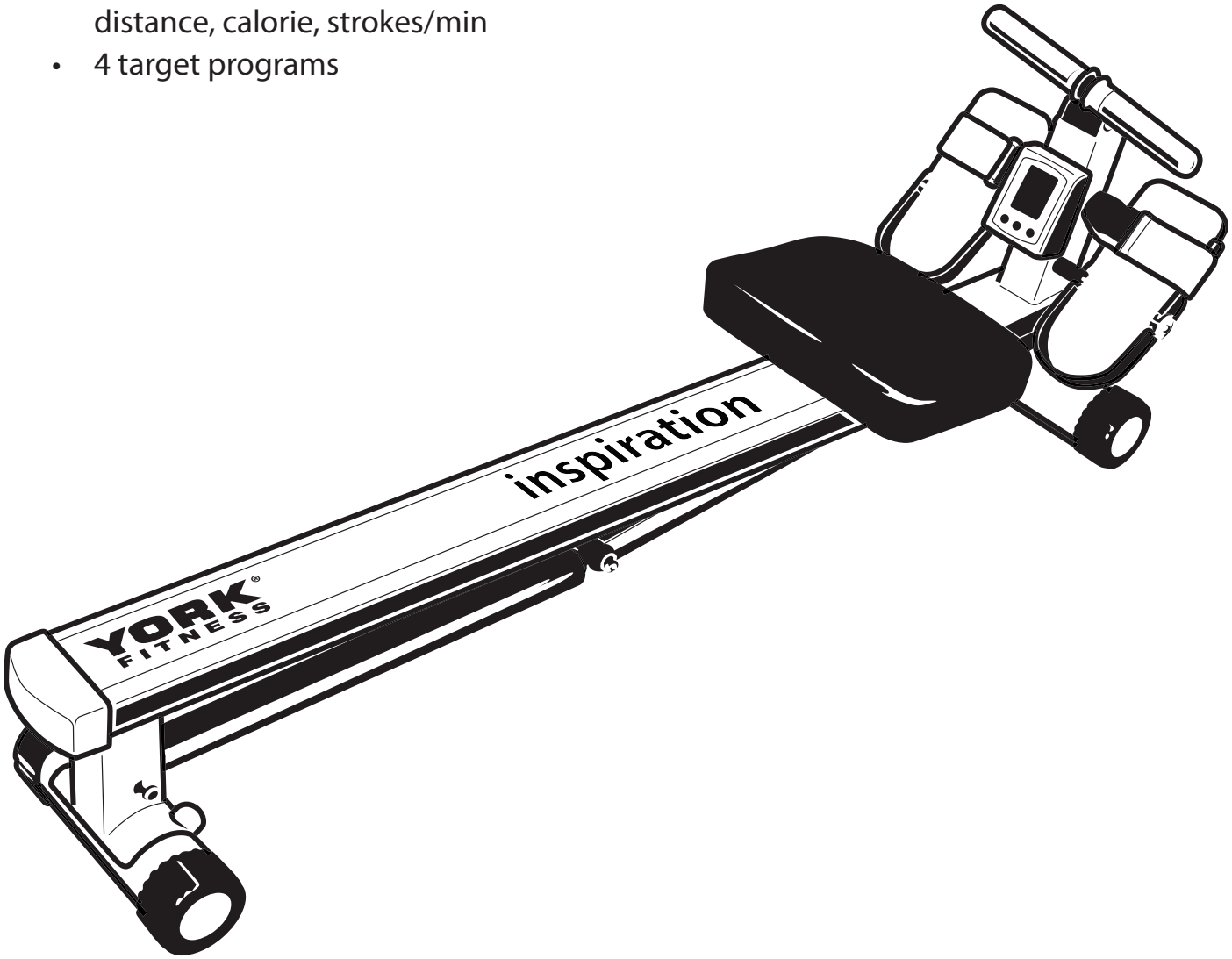
Inspiration Rower
Model No. 56011

- 12 levels of hydraulic resistance
- Comfortable roller mounted seat and pivoting footrests
- Computer displays strokes, time, distance, calorie, strokes/min
- 4 target programs



Getting Started

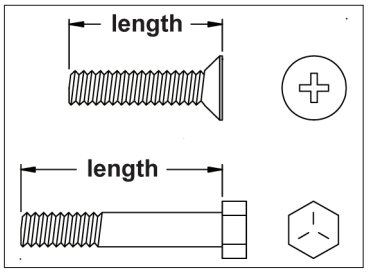
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please contact our technical support.

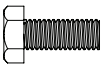
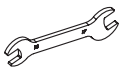
After unpacking the unit, open the hardware bag and make sure that you have all the following items. **Some hardware may be already attached to the part.**

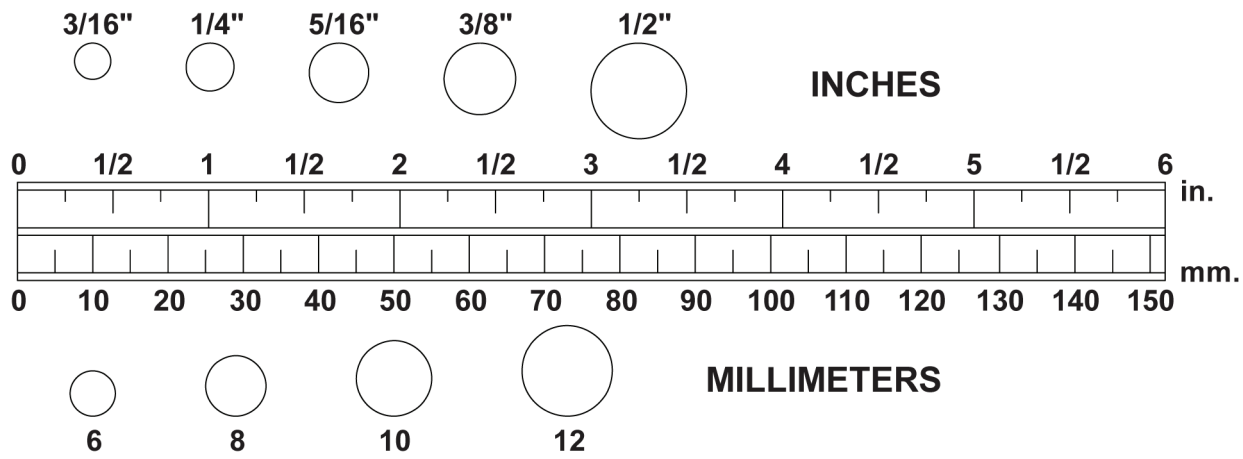
Hardware Identification Chart

This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

NOTE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



	Part No. 15 x 4 CARRIAGE (M10 X 88MM)
	Part No. 29 x 4 FLAT WASHER (ID10.5 X OD23 X T1.5MM))
	Part No. 27 x 1 FLAT WASHER (ID8.5 X OD13 X T1.5MM)
	Part No. 24 x 4 NYLOC NUT (M10)
	Part No. 21 x 1 ROUND ALLEN HEAD BOLT (M8 X 15MM)
	Part No. 5 x 1 STOP BRACKET (56 X 20 X T2MM)
	Part No. 25 x 1 NYLOC NUT (M8)
	Part No. 43 x 4 ROUND PLASTIC BOLT CAP (M10 X OD30MM)
	**Part No. 17 x 2** HEX HEAD BOLT (M8 X 16MM)
	Part No. 22 x 2 ROUND PHILLIPS HEAD MACHINE SCREW (M5 X 6MM)
	Part No. 28 x 2 FLAT WASHER (ID8.5 X OD28 X T2MM)
	Part No. 30 x 2 PLASTIC SPACER (ID12.8 X OD19 X 38MM)
	Part No. 51 x 2 SCREWDRIVER AND ALLEN KEY
	**Part No. 52 x 1** MULTI SPANNER (13, 17MM)

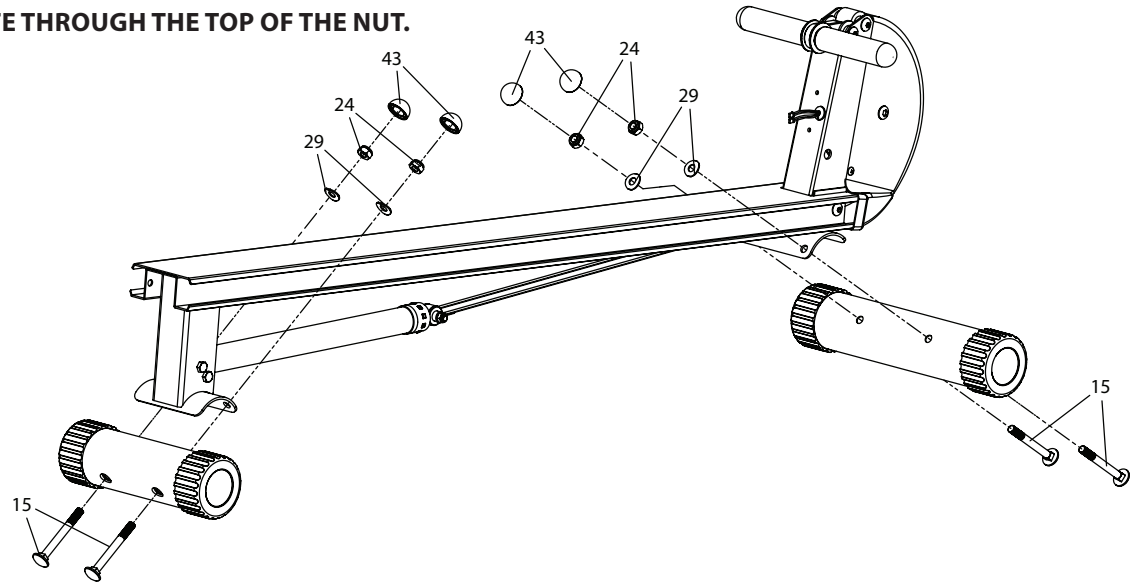


STEP 1

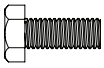
	Part No. 43 x 4 ROUND PLASTIC BOLT CAP (M10 X OD30MM)
	Part No. 24 x 4 NYLOC NUT (M10)

	Part No. 29 x 4 FLAT WASHER (ID10.5 X OD23 X T1.5MM))
	Part No. 15 x 4 CARRIAGE (M10 X 88MM)

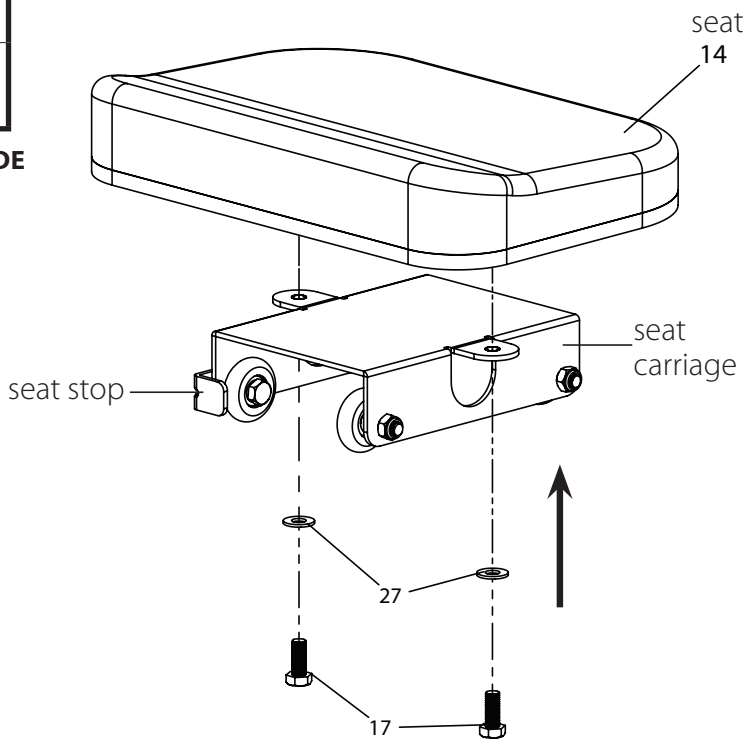
CHECK THE BOLTS ARE FULLY TIGHTENED BY MAKING SURE THEY PENETRATE THROUGH THE TOP OF THE NUT.



STEP 2

	Part No. 27 x 2 FLAT WASHER (ID8.5 X OD13 X T1.5MM)
	**Part No. 17 x 2** HEX HEAD BOLT (M8 X 16MM)

ENSURE THICKER EDGE OF SEAT ARE ON THE SAME SIDE AS SEAT STOP.



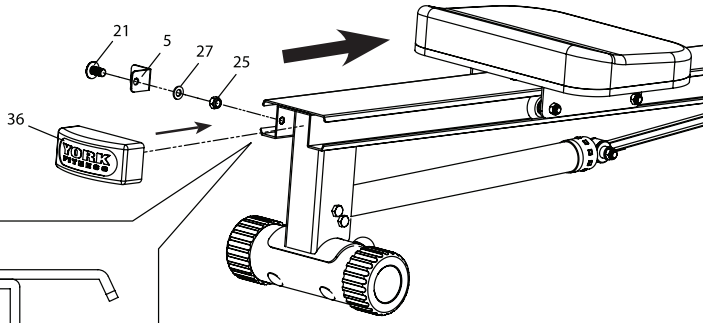
STEP 3

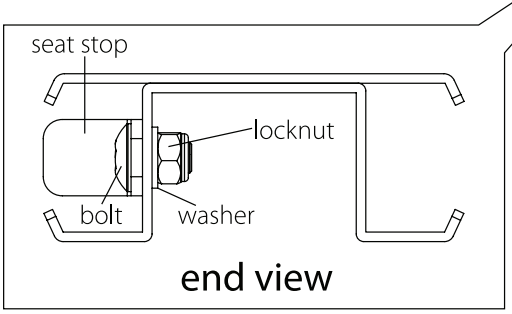
	Part No. 21 x 1 ROUND ALLEN HEAD BOLT (M8 X 15MM)
	Part No. 27 x 1 FLAT WASHER (ID8.5 X OD13 X T2MM)
	Part No. 25 x 1 NYLOC NUT (M8)
	Part No. 5 x 1 STOP BRACKET (56 X 20 X T2MM)

SLIDE THE SEAT WITH CARRIAGE ONTO THE RUNNERS FIRST.

ENSURE THICKER EDGE OF SEAT ARE FACING TOWARDS THE BACK.

MAKE SURE THE BOLTS AND SEAT STOP BRACKET GOES THROUGH THE LAST HOLE AT THE END OF THE MAIN FRAME.

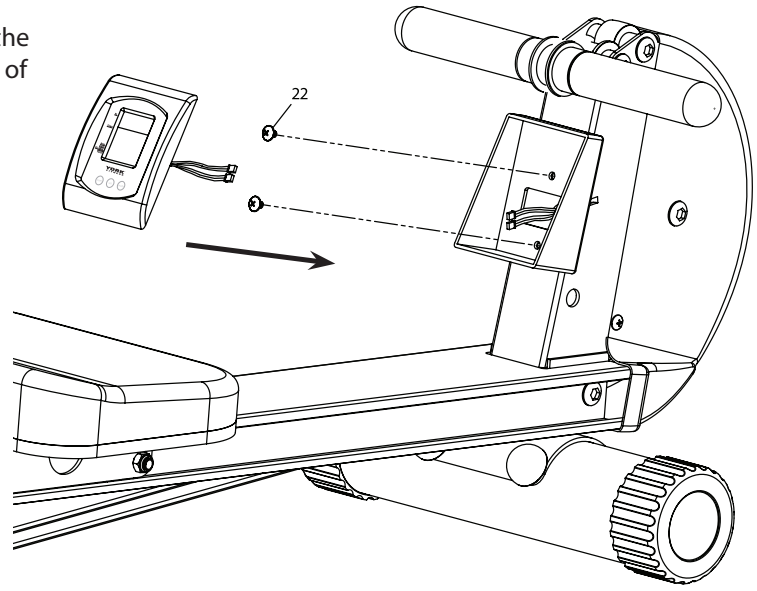




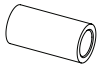
STEP 4

1. Insert two batteries (AA size 1.5V) into the compartment in the back of the computer.
2. Attach the bottom console to the main frame and secure, using 2 x machine screws as shown - (screws are located on the back side of computer console).
3. Connect the sensor wire sockets that come out of the main frame to the computer wire plug on the back of computer console.
4. Attach the top computer onto the bottom console securely.

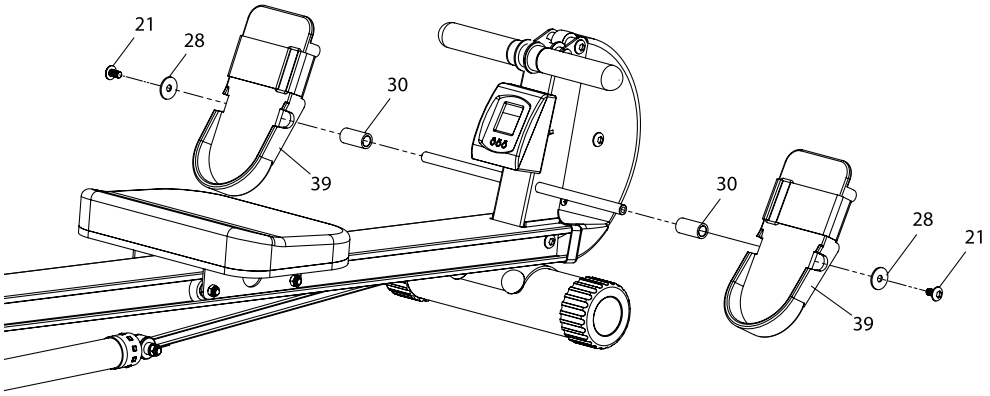
	Part No. 22 x 2 ROUND PHILLIPS HEAD MACHINE SCREW (M5 X 6MM)



STEP 5

	Part No. 21 x 2 ROUND ALLEN HEAD BOLT (M8 X 15MM)
	Part No. 28 x 2 FLAT WASHER (ID8.5 X OD28 X T2MM)
	**Part No. 30 x 2** PLASTIC SPACER (ID12.8 X OD19 X 38MM)

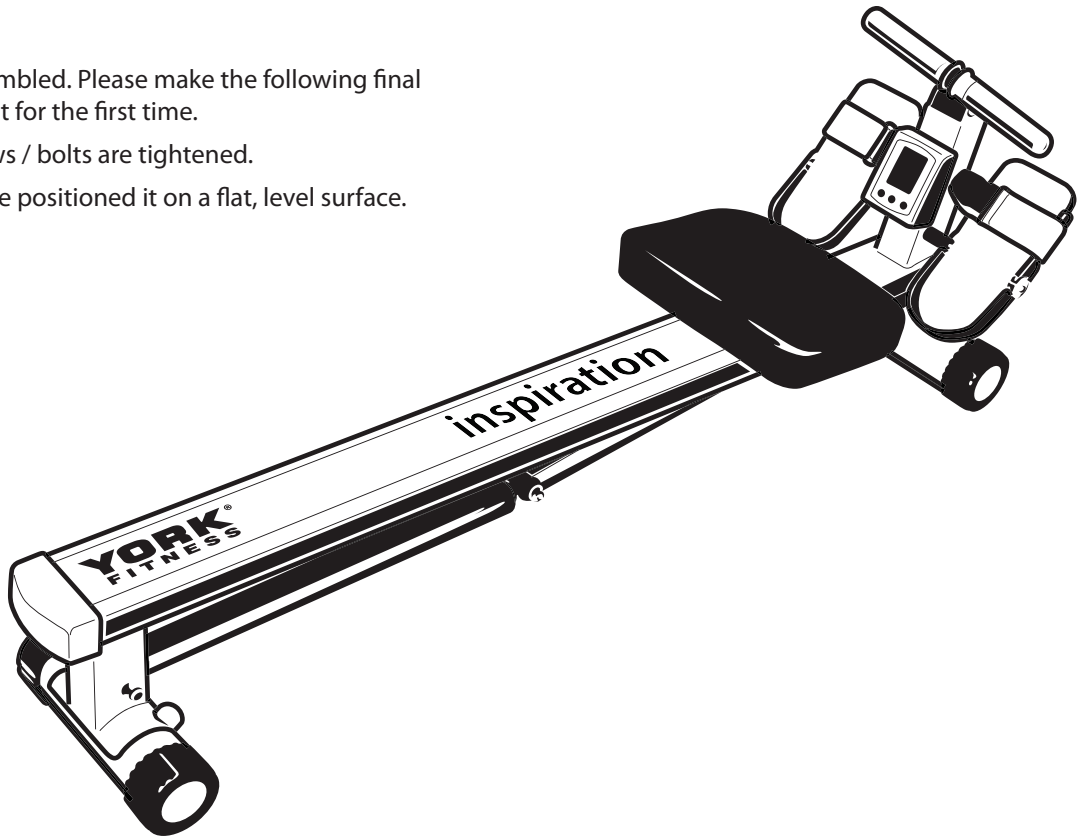
THE STRAP LOOPS SHOULD BE FITTED TO THE INSIDE EDGE OF THE PEDAL FOR EASY ADJUSTMENT OF THE STRAP.



Final Checks

Your rower is now assembled. Please make the following final checks before you use it for the first time.

- Make sure all screws / bolts are tightened.
- Make sure you have positioned it on a flat, level surface.

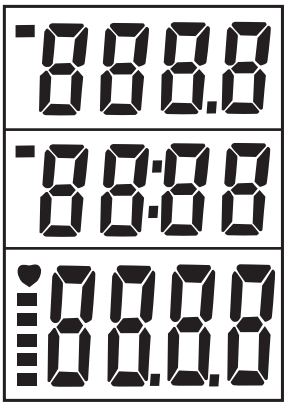


Quick Start

1. Simply start rowing and away you go!
2. The values of time, distance and calories will start counting upwards.

Console Display and Feedback

DISPLAY FUNCTIONS	DESCRIPTION
ST (STROKES)	• The number of strokes performed during this session; default counts up from zero, but counts down if a target has been set.
TIME	• Time exercised during this session; default counts up from zero, but counts down if a target has been set.
DIST (DISTANCE)	• Distance travelled during this session; default counts up from zero, but counts down if a target has been set.
CALS (CALORIES)	• Approximate calories burned during this session (for comparison only, not to be used for medical purposes); default counts up from zero, but counts down if a target has been set.
ST/MIN	• The number of strokes per minute you are performing at your current rowing speed.
TOTAL	• An accumulation of total strokes since the last time the reset button was pressed.



Button Functions

FUNCTIONS	PRE-WORKOUT	DURING WORKOUT
MODE	• Switches between the modes for target setting	• Switches between the feedback modes as described above
SET	• Activates the console and sets target values	
RESET	• Reset all of the target values and total count data	

Using Workout Programs

WORKOUT PROGRAMS	DESCRIPTIONS
MANUAL PROGRAM	• To use in the manual mode simply start rowing.
TARGET PROGRAMS	• You can also choose to workout by setting yourself a target based on the number of strokes you wish to complete, workout time, distance travelled or calories burned. When you reach your target the console will beep.
TARGET STROKES	1. Press 'MODE' until '00.00' is flashing in the 'ST' window. 2. Use the 'MODE' button to set the number of strokes. 3. Start rowing to begin your workout.
TARGET TIME	1. Press 'MODE' until '00.00' is flashing in the 'TIME' window. 2. Use the 'MODE' button to set your workout time. 3. Start rowing to begin your workout.

Continue on next page...

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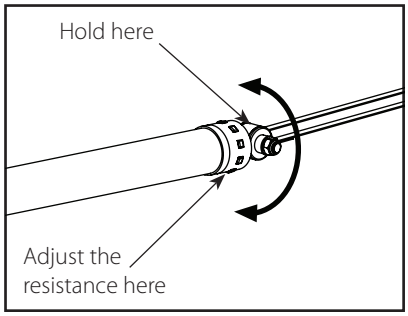
WORKOUT PROGRAMS	DESCRIPTIONS
TARGET DISTANCE	1. Press 'MODE' until '00.00' is flashing in the 'DIST' window 2. Use the 'MODE button to set your workout distance 3. Start rowing to begin your workout
TARGET CALORIES	1. Press 'MODE' until '00.00' is flashing in the 'CALS' window 2. Use the 'MODE' button to set the number of calories you wish to burn 3. Start rowing to begin your workout

Adjusting The Resistance

- Hold the cylinder in the correct position while adjusting the resistance.



Storage

Keep the equipment in a dry place with as little temperature variation as possible. Try to protect rom dust and always unplug when not in use (if applicable).

Cleaning

Use a warm, damp cloth to wipe the surfaces. Mild detergent may be used if necessary.

NEVER REMOVE THE PROTECTIVE CASING.

Maintenance

Ensure you regularly check components for wear and make sure all the nuts and bolts are tightened before each exercise session.

Troubleshooting

If you are still having problems with your equipment, please get in touch with your lock York distributor using the details found in the Customer Support section on page 5.

IF YOU HAVE A PROBLEM WITH YOUR EQUIPMENT, BEFORE YOU DO ANYTHING ELSE PLEASE CHECK THAT ALL THE CABLE HAVE BEEN CONNECTED CORRECTLY. LOOSE CABLES ARE VERY COMMON AND MANY PROBLEMS CAN BE SOLVED BY MAKING SURE THE CABLES ARE PROPERLY CONNECTED.

Exercising with your rower

Rowing is an extremely effective form of exercise. It strengthens the heart, improves circulation, as well as exercising all the major muscle groups - back, waist, arms, shoulders, hips & legs.

ALWAYS CONSULT YOUR DOCTOR BEFORE UNDERTAKING A NEW EXERCISE REGIME.

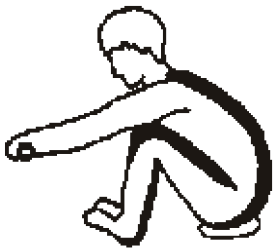
IF YOU EXPERIENCE NAUSEA, DIZZINESS OR OTHER ABNORMAL SYMPTOMS DURING EXERCISE, STOP AT ONCE AND CONSULT YOUR DOCTOR.

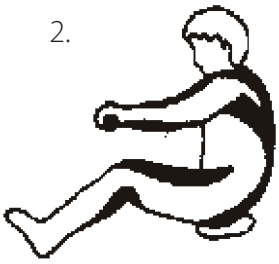
How to row:

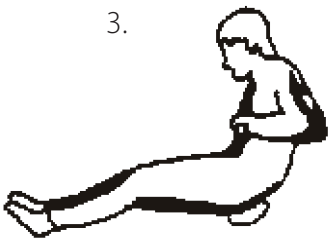
1. Take up the initial position leaning forward, knee bent and arms straight.
2. Push yourself backwards, straightening your back and legs at the same time.
3. Continue movement until you are leaning slightly backwards, bending return to Step 1 and repeat.

THIS PRODUCT IS COMPLIANT WITH EUROPEAN STANDARDS (EN957). THE USER MUST REMAIN AWARE THAT IF THIS PRODUCT IS NOT USED CORRECTLY THE POTENTIAL FOR INJURY REMAINS. THERE ARE MANY MOVING PARTS ON THIS PRODUCT, WHICH THE USER MUST BE AWARE OF. WHEN MOVING THE ROWER OR ADJUSTING POSITION, THE USER SHOULD PAY PARTICULAR ATTENTION THE SEAT & RUNNER ASSEMBLY.

- Please ensure that fingers are not placed inside of the runner assembly when moving the product.
- When adjusting your exercise position and you need to steady yourself by holding onto the rower, ensure that it is the underside of the seat upholstery that you are grasping.

1. 

2. 

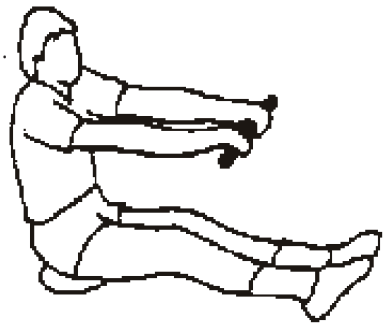
3. 

Alternative exercise - leg only rowing:

This exercise will help tone and strengthen the muscles in your legs and back. With your back straight and arms outstretched, bend your legs until the row arms are in the starting position. Use your legs to push your body back whilst keeping your arms and back straight, slowly return to start position and repeat.

1.

2.

3. 

Conditioning Guidelines:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are out of shape, start slowly and increase your workout gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) or 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or light-headed you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercising program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuingly to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.

Target Heart Rate Zone Estimated by Age*

AGE	TARGET HEART RATE ZONE (55% - 90% OF MAXIMUM HEART RATE)	AVERAGE MAXIMUM HEART RATE 100%
20 YEARS	110-180 BEATS PER MINUTE	200 BEATS PER MINUTE
25 YEARS	107-175 BEATS PER MINUTE	195 BEATS PER MINUTE
30 YEARS	105-171 BEATS PER MINUTE	190 BEATS PER MINUTE
35 YEARS	102-166 BEATS PER MINUTE	185 BEATS PER MINUTE
40 YEARS	99-162 BEATS PER MINUTE	180 BEATS PER MINUTE
45 YEARS	97-157 BEATS PER MINUTE	175 BEATS PER MINUTE
50 YEARS	94-153 BEATS PER MINUTE	170 BEATS PER MINUTE
55 YEARS	91-148 BEATS PER MINUTE	165 BEATS PER MINUTE
60 YEARS	88-144 BEATS PER MINUTE	160 BEATS PER MINUTE
65 YEARS	85-139 BEATS PER MINUTE	155 BEATS PER MINUTE
70 YEARS	83-135 BEATS PER MINUTE	150 BEATS PER MINUTE

*For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate.

warranty

This product is supplied with a standard warranty as follows:

- Lifetime frame
- 12 months other parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment

Please Note: Warranty details may vary from one market area to another

Warranty Terms

York Fitness warrants that the Product you have purchased from an authorized York Fitness reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Fitness or sold by York Fitness; (c) by modification of the product; (d) as a result of service by anyone else other than York Fitness or an authorized York Fitness warranty service provider.

During the warranty period, York Fitness will at no additional charge provide replacement part(s) or repair the product (at York Fitness's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Fitness may replace defective parts or at the option of York Fitness, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Fitness. York Fitness reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Fitness in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Fitness's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorization by our Customer Service department.

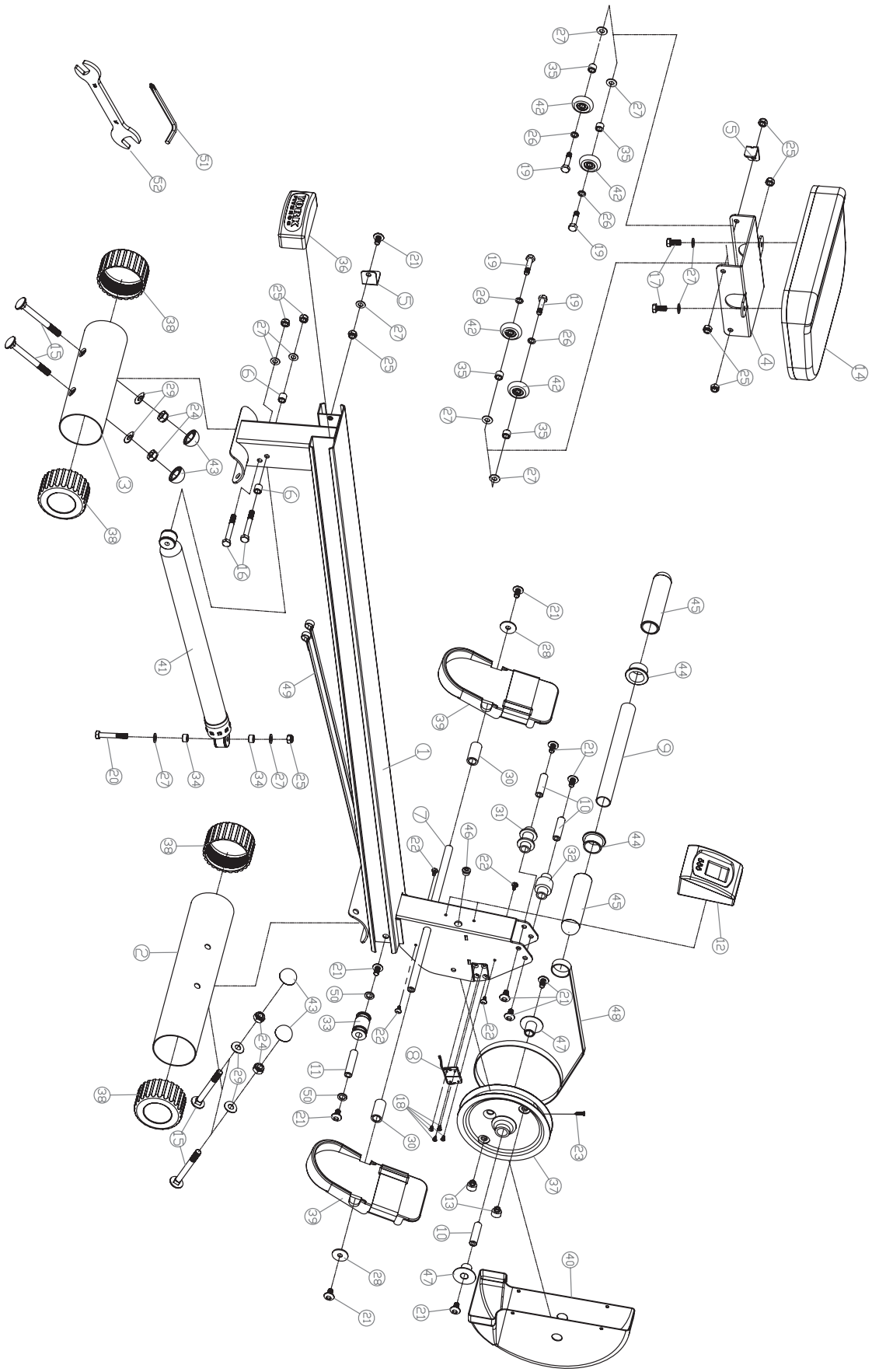
To obtain warranty service you must provide the following information:

Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another.

exploded drawing



part list

KEY NO.	PART NO.	DESCRIPTION	QTY
1	56011-1	SEAT TRACK (R)	
2	56011-2	FRONT STABILIZER (R) (Ø76.2 X 350 X T1.5MM)	
3	56011-3	REAR STABILIZER (R) (Ø76.2 X 250 X T1.5MM)	
4	56011-4	SEAT CARRIAGE (218 X 172 X T3MM)	
5	56011-5	STOP BRACKET (56 X 20 X T2MM)	
6	56011-6	BUSH (OD12.7 X ID8.5 X L13.5MM)	
7	56011-7	PEDAL PIVOT ROD (Ø12.7 X 350MM)	
8	56011-8	SENSOR & WIRE (130/170MM)	
9	56011-9	HANDLEBAR TUBE (Ø25.4 X 280 X T2MM)	
10	56011-10	PIVOT SHAFT (Ø12.7 X 50MM)	
11	56011-11	PIVOT SHAFT (Ø12.7 X 56.5MM)	
12	56011-12	COMPUTER (R) 8183U	
13	56011-13	MAGNET	
14	56011-14	SEAT (R) (58 X 220 X 320MM)	
15	56011-15	CARRIAGE BOLT (M10 X 88MM)	
16	56011-16	HEX HEAD BOLT (M8 X 66MM)	
17	56011-17	HEX HEAD BOLT (M8 X 16MM)	
18	56011-18	COUNTERSUNK PHILLIPS HEAD SELF TAPPING SCREW (4 X 10MM)	
19	56011-19	HEX HEAD BOLT (M8 X 34MM)	
20	56011-20	HEX HEAD BOLT (M8 X 45MM)	
21	56011-21	ROUND ALLEN HEAD BOLT (M8 X 15MM [6MM ALLEN])	
22	56011-22	ROUND PHILLIPS HEAD MACHINE SCREW (M5 X 6MM)	
23	56011-23	COUNTERSUNK PHILLIPS HEAD SELF TAPPING SCREW (4 X 15MM)	
24	56011-24	NYLOC NUT (M10)	
25	56011-25	NYLOC NUT (M8)	
26	56011-26	FLAT WASHER (ID8.5 X OD13 X T2MM)	
27	56011-27	FLAT WASHER (ID8.5 X OD13 X T1.5MM)	
28	56011-28	FLAT WASHER (ID8.5 X OD28 X T2MM)	
29	56011-29	FLAT WASHER (ID10.5 X OD23 X T1.5MM)	
30	56011-30	PLASTIC SPACER (ID12.8 X OD19 X 38MM)	
31	56011-31	PULLEY WHEEL - SINGLE STRAP (Ø12.7 X Ø31 X 49MM)	
32	56011-32	PULLEY WHEEL - TWIN STRAP (Ø12.7 X Ø29.5 X 49MM)	
33	56011-33	PULLEY WHEEL - TWIN STRAP (Ø12.7 X Ø28 X 49MM)	
34	56011-34	PLASTIC SPACER (ID8.2 X OD13 X 8MM)	
35	56011-35	BUSH (OD11 X ID8.1 X L11MM)	
36	56011-36	EXTERNAL END CAP - SEAT TRACK (R)	
37	56011-37	PULLEY WHEEL - ROWER STRAP (Ø165 X 47MM)	
38	56011-38	ROUND EXTERNAL END CAP (Ø76.5 X 42 X T4MM)	
39	56011-39	FOOT PLATE - ROTATING (R) (240 X 110MM)	
40	56011-40	COVER (R)	
41	56011-41	CYLINDER - ADJUSTABLE (Ø38 X 520MM)	
42	56011-42	WHEEL - SEAT CARRIAGE (R) (ID7.8 X OD37.5 X 11MM)	
43	56011-43	ROUND PLASTIC BOLT CAP (M10 X OD30MM)	
44	56011-44	PLASTIC TOP HAT BRUSH (Ø26.5 X Ø31.8 X 19MM)	
45	56011-45	HANDGRIP - STANDARD - (OD31.8 X L130MM)	
46	56011-46	GROMET (ID4 X OD13.4 X 9.2MM)	
47	56011-47	PLASTIC TOP HAT BRUSH (Ø12.7 X Ø18.2 X 22MM)	
48	56011-48	PULLING STRAP (13 X 1980 X T1.3MM)	
49	56011-49	CYLINDER STRAP (8 X 1780 X T2MM)	
50	56011-50	PLASTIC SPACER (ID12.8 X OD18 X T3.5MM)	
51	56011-51	PHILLIPS SCREWDRIVER & ALLEN KEY (6MM X 32 X 105MM)	
52	56011-52	SPANNER (13 & 17MM)	